

TEEN and YOUNG ADULT CLASSES



DANCE

Beginning Break Dance



\$40/5 wks.
(\$50/Non-Resident)

An introduction to break dancing that focuses on building strength and control. Students will learn beginning break dancing techniques including top rocks, down rocks, power moves and freezes. **This class is held at the Revolution Dance Academy, 3751 Merced, Unit G. Instructor: Revolution Dance Academy Staff**

Code	Ages	Dates	Day	Time
3777.101	8 - 12	June 21 - July 19	SA	3 - 4 p.m.
3777.102	8 - 12	July 26 - Aug. 23	SA	3 - 4 p.m.
3777.103	8 - 12	Aug. 30 - Sept. 27	SA	3 - 4 p.m.

Dance/Jazz

\$45/4 wks.
(\$55/Non-Resident)

Learn the style of dance that is presented on Broadway and TV shows such as So You Think You Can Dance and Dancing with the Stars! Learn about technique, rhythm, stage presence and more. **This class is held at B.P.A.S., 3478 University Avenue. Instructors: Troy Wolsleger/Patty Wolsleger**

Code	Ages	Level	Dates	Day	Time
2101.101	9 - 12	Int.	June 5 - 26	TH	6 - 7 p.m.
2101.102	9 - 12	Int.	July 3 - 24	TH	6 - 7 p.m.
2101.103	9 - 12	Int.	July 31 - Aug. 21	TH	6 - 7 p.m.
2101.104	9 - 12	Int.	Sept. 11 - Oct. 2	TH	6 - 7 p.m.
1104.101	12 +	Beg./Int.	June 3 - 24	T	7 - 8 p.m.
1104.102	12 +	Beg./Int.	July 1 - 22	T	7 - 8 p.m.
1104.103	12 +	Beg./Int.	July 29 - Aug. 19	T	7 - 8 p.m.
1104.104	12 +	Beg./Int.	Sept. 9 - 30	T	7 - 8 p.m.

*Instructor will make up holiday

Ballet/Pointe

\$45/4 wks.
(\$55/Non-Resident)

Ballet classes build your skills, strength, flexibility, coordination, posture and technique. Classes geared toward younger participants are structured with basic movement taught through fun and creative activities. **This class is held at B.P.A.S., 3478 University Avenue. Instructors: Troy Wolsleger**

Code	Ages	Level	Dates	Day	Time
2062.101	12+	Int./Adv.	June 2 - 23	M	8 - 9 p.m.
2062.102	12+	Int./Adv.	June 30 - July 21	M	8 - 9 p.m.
2062.103	12+	Int./Adv.	July 28 - Aug. 18	M	8 - 9 p.m.
2062.104	12+	Int./Adv.	Sept. 8 - 29	M	8 - 9 p.m.



Beginning Teen & Adult Ballet

\$50/4 wks.
(\$60/Non-Resident)

Learn the basics of the art of ballet through beginning barre work and center floor exercises. Dance attire needed. Students must wear a solid color leotard, pink tights, and pink ballet slippers. **This class is held at Riverside Ballet Arts, 3840 Lemon Street. Instructor: Alexandra Espana**

Code	Ages	Dates	Day	Time
2100.101	13+	June 2 - 25	MW	7:30 - 8:30 p.m.
2100.102	13+	July 2 - 28	MW	7:30 - 8:30 p.m.
2100.103	13+	Aug. 4 - 27	MW	7:30 - 8:30 p.m.
2100.104	13+	Sept. 3 - 29	MW	7:30 - 8:30 p.m.

Modern Dance for Teens & Adults



\$46/4 wks.
(\$56/Non-Resident)

This dance class explores the concept of movement using Horton, Graham, Dunham and Limon techniques. It will take you on a journey! **This class is held at Bre Dance Studio, 3641 9th Street. Instructor: Bre Dance Studio Staff**

Code	Ages	Date	Day	Time
3795.101	13+	June 4 - 25	W	7 - 8 p.m.
3795.102	13+	July 2 - 23	W	7 - 8 p.m.
3795.103	13+	Aug. 6 - 27	W	7 - 8 p.m.
3795.104	13+	Sept. 3 - 24	W	7 - 8 p.m.

Teen Ballet

\$45/4 wks.
(\$55/Non-Resident)

Ballet classes build your skills, strength, flexibility, coordination, posture and technique. Classes geared toward younger participants are structured with basic movement taught through fun and creative activities. **This class is held at B.P.A.S., 3478 University Avenue. Instructors: Clare McGlade**

Code	Ages	Level	Dates	Day	Time
1144.101	12 - 17	Beg.	June 3 - 24	T	7 - 8 p.m.
1144.102	12 - 17	Beg.	July 1 - 22	T	7 - 8 p.m.
1144.103	12 - 17	Beg.	July 29 - Aug. 19	T	7 - 8 p.m.
1144.104	12 - 17	Beg.	Sept. 9 - 30	T	7 - 8 p.m.

Tap Dancing

\$45/4 wks.
(\$55/Non-Resident)

Bring on the noise! Learn everything you need to know for your basic tap experience. Learn flaps, shuffles, time steps and more. Leave the classroom happy and smiling! **This class is held at B.P.A.S., 3478 University Avenue. Instructors: Troy Wolsleger/Patty Wolsleger**

Code	Ages	Level	Dates	Day	Time
2063.101	12 - 17	Beg.	June 5 - 26	TH	8 - 9 p.m.
2063.102	12 - 17	Beg.	July 3 - 24	TH	8 - 9 p.m.
2063.103	12 - 17	Beg.	July 31 - Aug. 21	TH	8 - 9 p.m.
2063.104	12 - 17	Beg.	Sept. 11 - Oct. 2	TH	8 - 9 p.m.

TEEN and YOUNG ADULT CLASSES

Contemporary Dance



\$40/5 wks.
(\$50/Non-Resident)

Contemporary dance is based on the choreographic and performing process more than just technique. It emphasizes style, quality of movement and interpretation. **This class is held at Revolution Dance Academy, 3751 Merced, Unit G. Instructor: Revolution Dance Academy Staff**

Code	Ages	Dates	Day	Time
3778.101	10 - 18	June 21 - July 19	SA	5 - 6 p.m.
3778.102	10 - 18	July 26 - Aug. 23	SA	5 - 6 p.m.
3778.103	10 - 18	Aug. 30 - Sept. 27	SA	5 - 6 p.m.

Broadway Jazz



\$40/5 wks.
(\$60/Non-Resident)

Come and learn the stylized form of jazz dance made popular by productions such as Chicago, West Side Story and Fosse. **This class is held at Revolution Dance Academy, 3751 Merced, Unit G. Instructor: Revolution Dance Academy Staff**

Code	Ages	Dates	Day	Time
3774.101	12 - 18	June 21 - July 19	SA	11 a.m. - 12 p.m.
3774.102	12 - 18	July 26 - Aug. 23	SA	11 a.m. - 12 p.m.
3774.103	12 - 18	Aug. 30 - Sept. 27	SA	11 a.m. - 12 p.m.

Hip-Hop

\$45/4 wks.
(\$55/Non-Resident)

Don't hesitate — learn these moves! Classes are geared for those who want to get on the dance floor, feel good and have fun. **This class is held at B.P.A.S., 3478 University Avenue. Instructors: Troy Wolsleger**

Code	Ages	Level	Dates	Day	Time
3109.101	12+	Adv.	June 4 - 25	W	6 - 7 p.m.
3109.102	12+	Adv.	July 2 - 23	W	6 - 7 p.m.
3109.103	12+	Adv.	July 30 - Aug 20	W	6 - 7 p.m.
3109.104	12+	Adv.	Sept. 10 - Oct. 1	W	6 - 7 p.m.
3108.101	13+	Beg./Int.	June 5 - 26	TH	6 - 7 p.m.
3108.102	13+	Beg./Int.	July 3 - 24	TH	6 - 7 p.m.
3108.103	13+	Beg./Int.	July 31 - Aug. 21	TH	6 - 7 p.m.
3108.104	13+	Beg./Int.	Sept. 11 - Oct. 2	TH	6 - 7 p.m.

*Instructor will make up holiday

Hip-Hop for Teens and Young Adults



\$46/4 wks.
(\$56/Non-Resident)

Learn to Pop & Lock just like on MTV! This class will teach you hip street dance moves and grooves. **This class is held at Bre Dance Studio, 3641 9th Street. Instructor: Bre Dance Studio Staff**

Code	Ages	Date	Day	Time
3796.101	13+	June 5 - 26	TH	7:30 - 8:30 p.m.
3796.102	13+	July 3 - 24	TH	7:30 - 8:30 p.m.
3793.103	13+	Aug 7 - 28	TH	7:30 - 8:30 p.m.
3796.104	13+	Sept 4 - 25	TH	7:30 - 8:30 p.m.



Lyrical Jazz



\$58/4 wks.
(\$68 Non-Resident)

This class is designed for people who want to express themselves with smooth, fluid and lyrical ways. The class will teach the fundamentals of jazz technique and how to use the techniques in a way to express your inner emotions, resulting in a style commonly known as lyrical jazz. **This class is held at Bre Dance Studio, 3641 9th Street. Instructor: Bre Dance Studio Staff**

Code	Ages	Date	Days	Time
3797.101	13+	June 2 - 30	M	8 - 9:30 p.m.
3797.102	13+	July 7 - 28	M	8 - 9:30 p.m.
3797.103	13+	Aug. 4 - 25	M	8 - 9:30 p.m.
3797.104	13+	Sept. 8 - 29	M	8 - 9:30 p.m.

Jazz for Adults



\$46/4 wks.
(\$56 Non-Resident)

Take off pounds and inches with this fun exciting dance class. Learn the basic jazz moves and incorporate them into the jazz walk, Driving Miss Daisy and Mash Potato plus many other popular jazz dances. **This class is held at Bre Dance Studio, 3641 9th Street. Instructor: Bre Dance Studio Staff**

Code	Ages	Date	Day	Time
3811.101	14+	June 4 - 25	W	8 - 9 p.m.
3811.102	14+	July 2 - 23	W	8 - 9 p.m.
3811.103	14+	Aug. 6 - 27	W	8 - 9 p.m.
3811.104	14+	Sept. 3 - 24	W	8 - 9 p.m.

Polynesian Dance

\$45/4 wks.
(\$55/Non-Resident)

Learn to tell a story through interpretation of the hands and body in Polynesian, Tahitian, and Hula dancing. The instructor's goal is to spread culture and knowledge of dance. Costumes, floral and instrument workshops are included in the classes. **This class is held at B.P.A.S., 3478 University Avenue. Instructor: Norma-Jean Santos**

Code	Ages	Level	Dates	Day	Time
3114.101	14+	Beg./Adv.	June 5 - 26	TH	8 - 9 p.m.
3114.102	14+	Beg./Adv.	July 3 - 24	TH	8 - 9 p.m.
3114.103	14+	Beg./Adv.	July 31 - Aug. 21	TH	8 - 9 p.m.
3114.104	14+	Beg./Adv.	Sept. 11 - Oct. 2	TH	8 - 9 p.m.

SPECIAL INTEREST

Reading & Math (Grades 4-9)

\$179/4 wks.
(\$189/Non-Resident)

Improve your reading and math skills with this class featuring small group instruction, tutorial assistance, mini-lessons, and computer instruction at a 3:1 student/teacher ratio. A placement test will be given. Classes are four weeks long, 1-1/2 hours per session and held by appointment only at the available times listed below. **Class will not be held on national holidays. This class is held at Southern California Reading and Math located at 2900 Adams Street, Suite #B30 (Adams Business Park). Instructor: Southern California Reading and Math Staff**

Code	Dates	Day	Available Times
2616.101	June	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.
2616.102	July	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.
2616.103	August	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.
2616.104	Sept.	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.

TEEN and YOUNG ADULT CLASSES

Babysitting Basics



\$45/1 day
(\$55/Non-Resident)

You will learn how to keep you and the child safe inside and out of the house, how to handle an emergency, some basic First Aid and how to handle bedtime. You will receive a Babysitter's Training Certificate. There is a \$5.00 material fee collected at the start of class. **This workshop is held at My Learning Studio, 17032 Van Buren Blvd., facing Washington St. Instructor: My Learning Studio Staff**

Code	Dates	Day	Time
1163.101	June 21	SA	10 a.m. - 1 p.m.
1163.102	July 12	SA	10 a.m. - 1 p.m.
1163.103	Aug. 9	SA	10 a.m. - 1 p.m.

Ice Skating Summer Camp



\$125/1 wk.
(\$135/Non-Resident)

Toe-pic! Come join this fun and unique way to spend your summer vacation. Learn the basic techniques and form of ice skating. **This class is held at IceTown, 10540 Magnolia Avenue. Instructor: ICETOWN Inc. Staff**

Code	Ages	Date	Day	Time
3789.101	5 - 16	July 7 - 11	M - F	8 - 3 p.m.
3789.102	5 - 16	July 14 - 18	M - F	8 - 3 p.m.
3789.103	5 - 16	July 21 - 25	M - F	8 - 3 p.m.
3789.104	5 - 16	July 28 - Aug. 1	M - F	8 - 3 p.m.
3790.101	5 - 16	Aug. 4 - 8	M - F	8 - 3 p.m.
3790.102	5 - 16	Aug. 11 - 15	M - F	8 - 3 p.m.
3790.103	5 - 16	Aug. 18 - 22	M - F	8 - 3 p.m.

Paper Fun



\$25/1 day
(\$35/Non-Resident)

Explore paper crafting! Class will include 2-3 paper crafted projects, 90 minutes of fun, great memories and new friendships. **This class is held at Cesar Chavez Community Center. Instructor: Samantha Esqueda & Tina Ellis**

Code	Ages	Date	Day	Time
3791.101	7+	June 11	W	6:30 - 8 p.m.
3792.101	7+	June 14	SA	12:30 - 2 p.m.
3791.102	7+	July 9	W	6:30 - 8 p.m.
3792.102	7+	July 12	SA	12:30 - 2 p.m.
3791.103	7+	Aug. 13	W	6:30 - 8 p.m.
3792.103	7+	Aug. 16	SA	12:30 - 2 p.m.
3791.104	7+	Sept. 10	W	6:30 - 8 p.m.
3792.104	7+	Sept. 13	SA	12:30 - 2 p.m.

Friendly Stars

\$62/6 mths.
(\$108/Non-Resident)

The Friendly Stars is a social recreation program for developmentally disabled adults 18 and over. The program is held every Friday night from 6:30 — 8:30 p.m. at Villegas Park (7240 Marguerita Avenue) for six-month sessions. Activities are designed to encourage participants to interact with each other and with staff in a social and enjoyable atmosphere. Activities include arts and crafts, karaoke, movies, a weekly dance with music, and one special event each month. Registration for the summer/fall session (July - December) is limited and will be accepted on a first come, first served basis beginning Friday, May 9. This program does not meet on national holidays. For more information, please call Villegas Park at 951.351.6142.

Jr. Tennis Classes

\$80/4 wks.
(\$90/Non-Resident)

Get introduced to tennis in a fun and exciting way. Develop your hand-eye coordination along with movement skills to prepare for high school and USTA teams, competitions, and junior tournaments. Tennis fundamentals are taught through lots of games. Racquets available. **Class size is limited to 16 (2 courts). Class is held at Shamel Park. Instructor: Herb Bartel**

Code	Level	Ages	Dates	Day	Time
1151.101	Beg.	7 - 11	June 24 - July 17	TTH	8 - 9 p.m.
1151.102	Beg.	7 - 11	July 29 - Aug. 21	TTH	8 - 9 p.m.
1151.103	Beg.	7 - 11	Sept. 16 - Oct. 9	TTH	4 - 5 p.m.
1151.104	Beg.	7 - 11	Oct. 21 - Nov. 13	TTH	4 - 5 p.m.
1152.101	Int.	10 - 16	June 24 - July 17	TTH	8 - 9 p.m.
1152.102	Int.	10 - 16	July 29 - Aug. 21	TTH	8 - 9 p.m.
1152.103	Int.	10 - 16	Sept. 16 - Oct. 9	TTH	5 - 6 p.m.
1152.104	Int.	10 - 16	Oct. 21 - Nov. 13	TTH	5 - 6 p.m.

Tennis Summer Camp



\$60/1 wk.
(\$70/Non-Resident)

Quick Start Tennis Camp for children ages 5 to 10 who want to have fun learning to play tennis. Children will learn the fundamentals of tennis on reduced-size courts that will have them playing in no time! Racquets available. **Camp will not be held July 4 but will be made up July 5. This camp is held on the Reid Park tennis courts. Instructor: Scott Harris / Cesar Quintero**

Code	Level	Ages	Dates	Day	Time
3181.101	Beg.	5 - 10	June 16 - 20	M - F	8:30 - 10 a.m.
3182.101	Beg.	5 - 10	June 16 - 20	M - F	10 - 11:30 a.m.
3181.102	Beg.	5 - 10	June 23 - 27	M - F	8:30 - 10 a.m.
3182.102	Beg.	5 - 10	June 23 - 27	M - F	10 - 11:30 a.m.
3181.103	Beg.	5 - 10	June 30 - July 5 (Sat.)	M - F	8:30 - 10 a.m.
3182.103	Beg.	5 - 10	June 30 - July 5 (Sat.)	M - F	10 - 11:30 a.m.
3181.104	Beg.	5 - 10	July 7 - 11	M - F	8:30 - 10 a.m.
3182.104	Beg.	5 - 10	July 7 - 11	M - F	10 - 11:30 a.m.
3181.105	Beg.	5 - 10	July 14 - 18	M - F	8:30 - 10 a.m.
3182.105	Beg.	5 - 10	July 14 - 18	M - F	10 - 11:30 a.m.
3181.106	Beg.	5 - 10	July 21 - 25	M - F	8:30 - 10 a.m.
3182.106	Beg.	5 - 10	July 21 - 25	M - F	10 - 11:30 a.m.
3181.107	Beg.	5 - 10	July 28 - Aug. 1	M - F	8:30 - 10 a.m.
3182.107	Beg.	5 - 10	July 28 - Aug. 1	M - F	10 - 11:30 a.m.
3181.108	Beg.	5 - 10	Aug. 4 - 8	M - F	8:30 - 10 a.m.
3182.108	Beg.	5 - 10	Aug. 4 - 8	M - F	10 - 11:30 a.m.
3181.109	Beg.	5 - 10	Aug. 11 - 15	M - F	8:30 - 10 a.m.
3182.109	Beg.	5 - 10	Aug. 11 - 15	M - F	10 - 11:30 a.m.
3181.110	Beg.	5 - 10	Aug. 18 - 22	M - F	8:30 - 10 a.m.
3182.110	Beg.	5 - 10	Aug. 18 - 22	M - F	10 - 11:30 a.m.



TEEN and YOUNG ADULT CLASSES/ADULT CLASSES

Tennis Clinic

\$80/4 wks.
(Non-Resident)

Get introduced to tennis in a fun and exciting way. Develop your hand-eye coordination along with movement skills to prepare for high school and USTA teams, competitions, and junior tournaments. Tennis fundamentals are taught through lots of games. Racquets available. Class size is limited to 16 (2 courts). This class is held at Fairmount and Arlington Park. **Instructor: FUNDamental Tennis with Scott Harris at Fairmount Park and Cesar Quintero at Arlington Park**

Code	Level	Ages	Dates	Day	Time
3133.101	Beg.	7 - 12	June 2 - June 25	MW	5 - 6 p.m.
3133.102	Beg.	7 - 12	June 30 - July 23	MW	5 - 6 p.m.
3133.103	Beg.	7 - 12	July 28 - Aug. 20	MW	5 - 6 p.m.
3133.104	Beg.	7 - 12	Aug. 25 - Sept. 17	MW	5 - 6 p.m.
3134.101	Beg.	8 - 14	June 3 - June 26	TTH	5 - 6 p.m.
3134.102	Beg.	8 - 14	July 1 - July 24	TTH	5 - 6 p.m.
3134.103	Beg.	8 - 14	July 29 - Aug. 21	TTH	5 - 6 p.m.
3134.104	Beg.	8 - 14	Aug. 26 - Sept. 18	TTH	5 - 6 p.m.
3149.101	Int.	9 - 16	June 2 - June 25	MW	6 - 7 p.m.
3149.102	Int.	9 - 16	June 30 - July 23	MW	6 - 7 p.m.
3149.103	Int.	9 - 16	July 28 - Aug. 20	MW	6 - 7 p.m.
3149.104	Int.	9 - 16	Aug. 25 - Sept. 17	MW	6 - 7 p.m.
3147.101	Adv.	11 - 18	June 3 - June 26	TTH	6 - 7 p.m.
3147.102	Adv.	11 - 18	July 16 - July 24	TTH	6 - 7 p.m.
3147.103	Adv.	11 - 18	July 29 - Aug. 21	TTH	6 - 7 p.m.
3147.104	Adv.	11 - 18	Aug. 26 - Sept. 18	TTH	6 - 7 p.m.
3098.101	Beg.	7 - 12	June 2 - June 25 Location: Arlington Park	MW	5 - 6 p.m.
3098.102	Beg.	7 - 12	June 30 - July 23 Location: Arlington Park	MW	5 - 6 p.m.
3098.103	Beg.	7 - 12	July 28 - Aug. 20 Location: Arlington Park	MW	5 - 6 p.m.
3098.104	Beg.	7 - 12	Aug. 25 - Sept. 17 Location: Arlington Park	MW	5 - 6 p.m.
3065.101	Beg.	7 - 12	June 3 - June 26 Location: Arlington Park	TTH	5 - 6 p.m.
3065.102	Beg.	7 - 12	July 1 - July 24 Location: Arlington Park	TTH	5 - 6 p.m.
3065.103	Beg.	7 - 12	July 29 - Aug. 21 Location: Arlington Park	TTH	5 - 6 p.m.
3065.104	Beg.	7 - 12	Aug. 26 - Sept. 18 Location: Arlington Park	TTH	5 - 6 p.m.
3096.101	Int.	9 - 16	June 3 - June 22 Location: Arlington Park	TTH	6 - 7 p.m.
3096.102	Int.	9 - 16	July 1 - July 24 Location: Arlington Park	TTH	6 - 7 p.m.
3096.103	Int.	9 - 16	July 29 - Aug. 21 Location: Arlington Park	TTH	6 - 7 p.m.
3096.104	Int.	9 - 16	Aug. 26 - Sept. 18 Location: Arlington Park	TTH	6 - 7 p.m.
3097.101	Adv.	11 - 18	June 2 - 25 Location: Arlington Park	MW	6 - 7 p.m.
3097.102	Adv.	11 - 18	June 30 - July 23 Location: Arlington Park	MW	6 - 7 p.m.
3097.103	Adv.	11 - 18	July 28 - Aug. 20 Location: Arlington Park	MW	6 - 7 p.m.
3097.104	Adv.	11 - 18	Aug. 25 - Sept. 17 Location: Arlington Park	MW	6 - 7 p.m.

Algebra I

\$179/4 wks.
(Non-Resident)

This class follows the regular school algebra curriculum and reinforces your essential algebra skills, with a 3:1 student/teacher ratio. Classes are four weeks long and held by appointment only at one of the available times listed below. **Class will not be held on national holidays. This class is held at Southern California Reading and Math located at 2900 Adams Street, Suite #B30-15 (Adams Business Park). Instructor: Southern California Reading and Math Staff**

Code	Dates	Day	Available Times
2608.101	June	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.
2608.102	July	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.
2609.101	August	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.
2609.102	Sept.	By appt.	9 a.m., 10:30 a.m., 3 p.m., 4:30 p.m., 6 p.m.

Drivers Education

\$350/4 wks.
plus 6 hours behind-the wheel training
(Non-Resident)

This is a Department of Motor Vehicle (DMV) approved Driver Education/Driver Training program. The classroom education provides you with up-to-date materials and a complete overview of California traffic laws including practice exams for your permit exam. The Driver Training begins after you have successfully passed the DMV permit exam and is taught in a series of three 2-hour behind-the-wheel sessions. **Refunds will be granted ONLY if requested BEFORE the first class meeting. This class is held at United Truck and Car Driving School, 1737 Atlanta Avenue, Suite H7. Instructor: United Truck and Car Driving School Staff**

Codes	Ages	Dates	Day	Time
3409.101	15.25 - 17.5	June 7	SA	9 a.m. - 4 p.m.
3409.102	15.25 - 17.5	July 5	SA	9 a.m. - 4 p.m.
3409.103	15.25 - 17.5	Aug. 2	SA	9 a.m. - 4 p.m.
3409.104	15.25 - 17.5	Sept. 6	SA	9 a.m. - 4 p.m.

DANCE

Beginners Yoga Classes

\$48/4 wks.
(Non-Resident)

Find out what yoga can do for you! Instruction includes basic yoga poses, breathing techniques and meditation, with discussion of health benefits and spiritual development facilitated by consistent yoga practice. **This class is held at one of the Inland Yoga Studios listed below. Instructor: Inland Yoga Staff**

Code	Ages	Dates	Day	Time
4046.101	16+	June 3 - 24 Location: 5053 La Mart, Suite #202	T	7 - 8:15 p.m.
4046.102	16+	June 7 - 28 Location: 3742 Tibbetts Street	S	11 a.m. - 12:15 p.m.
4046.103	16+	June 8 - 29 Location: 5053 La Mart, Suite #20	SU	11 a.m. - 12:15 p.m.

Beginning Belly Dance

\$40/4 wks.
(Non-Resident)

Learn basic belly dance skills and develop an understanding of Middle Eastern music and culture. **This class is held at one of Inland Yoga Studios, 3742 Tibbetts Street. Instructor: Aziza**

Codes	Ages	Dates	Day	Time
2746.101	16+	June 3 - 24	T	6 - 7:15 p.m.
2746.102	16+	July 1 - 22	T	6 - 7:15 p.m.